

Put down your keys and make it a point to commute during



# Albuquerque's 8th Annual Bike to Work Day Friday May 21, 2004.

Ride your bike to a food stop and get a free continental breakfast and register for prizes on Friday May 21, 2004 from 7:30 a.m. to 9:00 a.m.

**RAFFLE PRIZES:**  
Restaurant Gift Certificates  
Movie Tickets  
Sporting Goods

## GIVE AWAY GIFTS:

T-Shirts  
Reflective Vests  
Flashing Taillights

## FOOD STOPS:

1. **Downtown:** Alvarado Transit Center (Central & 1st)
2. **University:** Two-Wheel Drive & Birdsong Bookstore (Central & Pine)
3. **Nob Hill:** La Montanita Co-op (Central & Carlisle)
4. **Indian School Plaza:** Wild Oats (Carlisle & Indian School)

## CONVOY RIDES:

Want to checkout all food stops? Join a convoy ride between the sites. You can also join a convoy ride to from other locations in Albuquerque to the Downtown or Indian School Plaza food stop. Check out [www.BikeNM.org](http://www.BikeNM.org)

## Sponsors:

ABC Bakery  
Annapurna Ayurvedic Cuisine & Chai House  
Bike Coop  
Birdsong Bookstore  
Buster's 66  
City of Albuquerque Transit & Municipal Development Depts.  
Dee's Cheesecake Factory  
Einstein Bros  
Fat Tire Cycles

## PLEDGE TO RIDE & REGISTER TO WIN

\$400 Dual Suspension Trek YB Mountain Bike:  
[www.cabq.gov/transit](http://www.cabq.gov/transit) or [www.BikeNM.org](http://www.BikeNM.org)

## Sponsors:

Farmer's Basket  
Golden Pride Chicken  
La Montanita Co-op Natural Foods Market  
Madstone Movie Theatre  
REI  
Two Wheel Drive  
Wild Oats Supermarket  
Winning Coffee Co

If you're an experienced cyclist, bike commuting is a way to sneak in hundreds, if not thousands, of training miles. And if somebody you know hasn't ridden a bike since he or she got a set of car keys, bike commuting can be a wonderful way to get reacquainted with a more youthful exuberant self. Doing so multiplies the positive impact you make on your community and local environment. Bike commuting is for everybody!

By following some basic traffic-safety tips and riding advice, you can get to work safely, quickly and best of all, happily. So scout your best route and start cycling your way to a better you, a better work day, a better world!